

JOURNEY WITH ST. RAFAELA

THOUGHTS OF ST. RAFAELA

- God never fails to give abundantly. We are the ones who cut the thread of God's mercies with our lack of gratitude and generosity.
- I want to write a history of great hidden works in the mind of God alone.
- I see that God is very great and I am so small. This insight stirs my joy.
- Knowing my true self brings me to my center when I can see God at work in me.
- Let us make others happy, this is true charity.
- Let us offer the Lord all of our existence and continuous praise.
- Lord, I learn the science of the Cross from your life. Help me to live it.
- Lord, I will keep coming to your merciful heart to ask for advice and to listen to what you say.
- Help me to see my true self and to take refuge in you. I know that you love me as the apple of your eye
- Help us to be delicate with you, as you wish. Give us a heart which is burning with humble love for you.
- How many children God has! The thing is to be consumed with the ardent desire for each one's salvation.
- Knowing my true self brings me to my center when I can see God at work in me.
- I ask the Lord to know Him and to know myself. When I know Him I will love him more and avoid offending Him and when I know myself I will grow in humility.

- I am not asking you to take hard work and sacrifice from me; just give me strength and constancy.
- I can never get used to receiving Holy Communion every day. I value this treasure more and more
- Lord, teach us to seek the grace to love and to embrace your Cross.
- Actions are what count, not our tastes or others' opinions.
- Even though we are powerless, with God's help we can have great aspirations.
- Don't I belong to God? Then, why am I doubting.... ?
- Choosing God's will fills the heart with joy and gives us peace.
- Cultivate peace and joy with great faith in God who has loved us so powerfully
- Grant us the grace to work with all our might to become what you want us to become.
- God is the God of life, so only what is alive gives God glory and praise. Let's be full of life.
- Let us make others happy, this is true charity.
- God will make of us persons of peace, able to enjoy life.
- God helps us in everything. God wants our trust.
- I want to grow in my desires for the salvation of every person.
- Lord Jesus, help us to never take our eyes off you.
- My life must be a continual act of love.
- Never lose faith; we must abandon ourselves totally into God's hands

- Pay more attention to the good in a person than to what appears to be evil.
- Only one thing is permanent, the good that we do and what we suffer for Jesus.
- Respect every person as the image of God, since in reality that is what they are.
- Regard each child as someone of immense value. For everyone of them Christ shed his own blood.
- Teach us to remain in you and to receive everything from you.
- The more difficulties we encounter the more trusting we should be and the more united to God in prayer.
- Let us do all we can to make others happy.
- What can I do before the immensity and greatness of God?
- Offer the gifts of the earth- offer my life. Hand over my own will.
- You are always with us. Nothing is lacking to those who trust in you.
- This year I want to be the joy of the Lord.
- My life must be a continual act of love.
- It is for us to pray, to trust, and to wait.
- Keep Jesus always before your eyes and love him as he wants to be loved.
- We should receive everything that happens, good or bad, as coming from God's most holy hands.
- Say yes with joy.
- How fortunate we are to have so great a God.

- Never lose your faith and your joy.
- Our life should be a continuous weaving together of faith and generosity.
- For so many things I bless the Lord with all my heart.
- The grace of being able to wait is the grace to make the right decision.
- Keep on praying with joy and faith.
- Share what you have with everyone especially with those who are hungry. And help everyone to know the Heart of Jesus wounded by love.
- Rely on God — He never changes.
- Let us do all we can so that the life of Christ that lives in us may be reflected in all we do.
- Universal like the Church.
- CHRIST to be adored by the PEOPLE
- For us Handmaids every day is a feast day, because every day we have Jesus in the Blessed Sacrament exposed in our chapels.
- The heart stirs with joy when we are fulfilling God's will.
- Loving God, gives life to our souls, peace to our spirit and largesse to our hearts.
- The works most pleasing to you are those that you alone see.
- We get stronger just by contemplating the Lord and His Mother. They are our models in faith.
- We have recourse to you as to our all. We trust in you.
- We want to remain in your love and receive all from you.

- We are in this world as in a great temple, offering God continual praise and thanksgiving for the beauty of life and of all creation.
- We need to work so that everyone will come to know and love Jesus the Christ.
- What God wishes from me is great trust. Lord, do with me what most pleases you, as though I were a bit of clay in the hands of the potter.
- Make peace happen.
- **LIFE IS**
- Life is a gift,
 - welcome it, give thanks for it.
- Life is a way — that sometimes passes by rocky places,
 - follow it by the light of the Gospel.
- Life is either an absurdity or a mystery,
 - look at it from the heart of Christ.
- Life is a seed that grows, it is a tree that gives fruit,
 - root it in the heart of Jesus.
- Life has seasons of the Cross,
 - look at Christ crucified beside you.
- Life is an occasion for receiving love and wisdom,
 - open your heart so that it can be filled.

- Life is fullness,
 - Leave God to put you where he wishes
- Life is to be given
 - Scatter it, give it away, pour it out.
- Life is to be lived day by day,
 - Weave it with faith and generosity.
- Life is torrent of grace pouring from the full hands of God
 - Do not cut the thread of his mercies

PRAYING WITH RAPHAELA MARY

GREATNESS and GOODNESS of GOD

- I see God very great and myself very small. And I rejoice in this because it is to see God as He is and myself as I am.
*Seeing myself so small I am at my center; because I see the wonders God is doing in me and in my things.
That is what I want.*
- God loves me very dearly, with a special privilege.
Really he has done wonders in me.
Not by my merits but only His mercy,

that always welcomes me.

His love and his merits reach all people, of course, we are his children!

He never fails to give us generously We are ones who do not know to accept his graces, we are the one who cut off the thread of His mercy

- A heart humble and simple robs the Heart of God.
- He uses the Ones to teach the great. Because he likes in His works, to use those who are nothing and confuse those who think they are somebody.
- All credit should be given to Him. To Him the glory forever, without end.

LOVE AND GENEROSITY

- Who can understand your designs, o Lord?

The important thing in life is:

- *to love and love more and beg insistently for love*
- *to let myself be guided by the light of faith,*
- *to trust always that, if we have the right intention this light will never fail us.*
- Pleasing you always,
Adoring you only,
Being detached from any creature.
I abandon myself to you.

I cling to you in prayer.

This is the strength that lets me live like a child in your arms.

You love me the special predilection. You want the best for me. And that I will be ready to welcome you. And allow yourself to work in me

All is a fruit of your mercy. All is a fruit of your grace, that desires to make us beautiful in your eyes.

Through history and time, day by day, your interior self is growing young, because it is invaded by your life. We are on a pilgrimage to the valley of perpetual joy. Let us walk even stepping on a rough and rocky road. If you lead ahead us not be hard

- Help me to be generous with you, abandon everything to possess the all, that is you, and keep intact the thread of your mercy that binds me to you.
- May my love be so strong, that I can say that am not alive, but it is the lord Jesus the One who lives in me.

INSTRUMENT IN GOD'S HANDS

- Grant me the joy of seeing myself so small, and that you want to use some inadequate instruments to continue your work.
- You want to use the small, to teach the great. Because you are pleased to use in Your work what is nothing, to confuse those who feel important so that we give praise to you.

Help me to forgive myself and all other things completely, so that I can remember only you, and you in all things.

- I want to live in You, and receive all from You. You will make up, better than us, what is lacking. You who are greatness and power to remedy all the tremendous needs that surround us.

Eternal God of all things

You have sent to be

An apostle and a mother to anyone who approach me.

I will work,

to make you know and love by all

to make all peoples adore you as Savior and Lord and not slaves of any other creature,

to invite all your children to accept and welcome your mercy,

and the torrent of Love that springs from your Heart.

LIFE AS AN OFFERING

- Let us remember in all our action that we are in this world as in a great temple. We, like priests of God, offer to Him Our existence and continuous praise, For all the beauty of life and things.
- The Lord loves me as the apple of His eye. He loves us with a special privilege and wants to be known by us, So that we can love Him immensely and trust Him unlimited.

- Let us do everything for Him and in Him, with perfection and tenderness, with all our soul, with all our heart, with a love strong and generous, able to destroy any obstacle in His way.
- Let us rejoice that He is using such inadequate instruments, to promote His work. We belong to Him. He has chosen us for Himself, without any merit on our part. We are misery and nothingness. He is Greatness and Omnipotence. He will make wonders in us. If we only trust blindly in Him. Amen. Amen.

TRUST

- Show us your ways O Lord, give us light, that we would do only your will.
- Give us tranquillity, and joy and a great trust in you, who love us so much and are so powerful.
- In your hands we put all our needs and desires. We want you to work in us. Because know better than us what is most beneficial for us. You are always present. And all who love you lack nothing.
- Although we are small, very small... And this is true... Our desires, supported by You would be very great.

SURRENDER

- The Lord is the God of life and only that which is alive gives honour and glory to him.

- The Lord is the God of Truth and He likes resting in humble and sincere hearts.
- He is obliged to do anything for us if we trust blindly in Him. The lord is my mission and the Courage of those who search a meaning in him.
- Let us not lose our Faith and Joy. Let us surrender All, All in God with quietness, Peach and Trust in Him who loves us so much and is so powerful. He will make us a people of Peace and Celebration.

COURAGE AND PEACE.

- Be neither too hasty nor be stifled spirituality, there will always be a reason for that. But Lord is always with the poor who gathers them together to share in their littleness and hope. Beg to Jesus without ceasing. This must be our life, To cling to Jesus. With whom is it much better to cling?
- Lord Jesus, Master of all things, of all good that you share gratuitously without considering our unworthiness and our miseries. Help us not to take away our eyes from you.
- Infinite Truth. Help us to act in a living Faith, in active Hope, trusting in your loving Providence. Help us to trust more, to abandon ourselves in You, to take refuge in You, allowing ourselves to be held in the arms of your tenderness; and to remain in You and to receive everything from you.
- Give life to our souls, Anoint our Spirit, Enlarge our heart. Amen.
- To abandon ourselves to God our Father is to put ourselves in His hands, day by day.

- What we do is not important. The only thing which matters is God and His action in our existence.
- This is the greatest thing I can do for my God, to surrender myself totally to His will, avoiding any hindrance, even the smallest one.
- God is asking me a very living faith in Him, to leave Him completely free to do with me as He pleases. As the clay in the hands of the potter.
- Neither creatures, nor things, nor events must enslave our heart: only God and His holy will. I have to die to all if I want Christ to live in me.
- Do I not belong to God? How am I going to mistrust what He wants from me.
- Nothing pleases God so much as to do His will, to obey Him. Every day, and many times each day let us remember Jesus with His open heart. From His heart His mercy is eternally flowing to us.
- We have been born from the love of His heart!
- Grant us the grace of living in the celebration of an encounter with You, immense God, whom we possess in the Eucharist and whom we will fully possess for all eternity.
- We come to you. You are ALL for us. Because You have loved us unworthy though we are. And You are obliged to do everything for us if we trust in You. In You we want to abide, and be blessed.
- Let us always think that we do not belong to ourselves. We are His.

- Only in Jesus, through Jesus and for Jesus all my life, all my soul, all my heart, for ever.
- The more I abandon myself to God, the more I cling to Him and the more He is conquered.
- The more difficulties have the more trust, the more I surrender, the more I hold to Him in my prayer.

SOME MAIN THEMES FROM THE CONSTITUTION OF HANDMAIDS OF THE SACRED HEART OF JESUS.

THE HEART:

- As we gaze upon the Heart of "Him whom they have pierced" we see God's loving kindness, and so we look on the world with hope. (Const.2)
- It is so necessary to approach the culture of each people with delicacy and love. (G.C. XVI, p.41)
- Sharing in the Body and Blood of Christ commits us to live in solidarity with those in greatest need. (Cf. Const44)

RECONCILIATION:

- We want to cooperate With Him, through Him, and in Him to reconcile all people with one another and with God, and to strive that all creation, given to mankind for its use, may reflect God's glory. (Const. 2)
- We promote integral education which frees and respects the person, encouraging people to be builders of peace and reconciliation. (Cf. C.C. p.32) (Rom 14, 19, Eph 4, 32)

COMMUNION :

- Living in community requires a readiness for self-giving and Const. 68 (Jn 17, 21, 1 Cor 10, 17)
- As members of an apostolic Institute we are a community on a mission and we live for a mission.
Const. 64

MISSION:

- Give your very lives to the education of the young. letter 224) In our mission of education, we work for full personal development, from gospel values, within structures which support this....

WOMAN :

- We follow Christ closely, seeking to be completely identified with him in his life and mission.
const. 18 (Mt 28

ADORATION:

- When we adore Christ, the Lord of our time, we unite ourselves to His eternal oblation to the Father. (Const. 5)
- We shall always try to show that the Eucharist is the great feast of our life. (Appl. Const. 3)
- We welcome with joy the saving presence of the Lord. (Const. 45)